

*AN*  
**HOSPITALL**  
*for the Diseased.*

Wherin are to be found most excellent and approoued Medicines, as vuell emplasters of speciall vertue, as also notable Potions or Drinkes, and other comfortable receipts, both for the restitution and preservation of bodily health.

Very necessary for the time of common Plague and mortalitie, and for other times, when occasion shall serue.

*Newly augmented and enlarged.*

Gathered by T. C.

*Ecclesiasticus. 38. 4.*

The Lord hath created medicines of the earth, and he that is wise will not abhorre it.



AT LONDON

Printed by E. Alde for Edvvard White, dwelling at the little North-dooore of Saint Pauls Church, at the signe of the Gun.

1598.

# HOSPITAL

For the Poor.

Medicines are to be found in the  
 Dispensary, and Medicines as well as  
 Surgical Instruments, and  
 other necessary articles, at the Dispensary and  
 the Dispensary of the Hospital.

Very recently for the time of common  
 and non-acute, and for other times, when  
 occasional still more.

At the Dispensary of the Hospital.



that it was not about to



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## To all such Readers, as haue care of their bodily health.

**H**ow prouident a parrone and bountifull a Father, the Lord God of life is, vnto vs vnthankful and rebellious Children; his manifold benefites do testifie: yea the continuance of his kindnesse is heerein principally declared. For, whereas our owne naturall corruption woorketh daily in vs the banishment out of his fauour, and the danger of reprobation: he notwithstanding in consideration of our weaknesse, withdraweth not his compassion from vs, but in all our necessities, reaching out his helping hand vnto vs, is most ready (as hee is alwayes able) to plucke vs out of the pitte of perdition, whereinto the haynousnes of our transgressions (as it were with a Cable) haleth vs perforce. O gracious God, how shall sinners worthily aduance the excellency of thy loue? Who shall giue them an heart to conceiue thy kindenesse? Whence shal they haue vterance to found out thy mercy? Of themselues (because they are vessels of wrath) they cannot compasse so perfect a woork. Thou therefore which art the perpetual spring of al goodnes, giue it them: O giue it them, and they shal haue it: yea, and in the hauiug of it, they shal magnifie thy name, extol thy power, and maruaile at thy mercy. Where is one, among thousand thousands, that looking vpon the Heauens most gloriously beautified, vpon the Earth most plenteously enriched, vpon the frame of his owne body, most Angeilically created: but shal of compulsion acknowledge the omnipotency of God, and confesse the vnameasurable greatnes of his goodnes, and loue toward man? The Heauen, to maintaine life and light. The Earth to succour and sustaine nature: all creatures, liuing in Land or Water, to supply his wants: nothing to be reckoned and named which he hath not most liberally giuen vnto man, as appointing him Lord and Soueraigne, but them his vassalles seruants. Against hunger, least thou shouldest faimish, he hath provided nourishment: Against thirst, least thou shouldest perish, he hath ordained fauory liquors: Against colde, least thou shouldest dye in thy nakednesse, hee hath giuen thee cloathing. And what hath he done beside? Hath he not had special regard to thy condition and estate? I meane to the health of thy body, and the safety of thy soule? Yes, yes, and that is evidently prouoed by the manyfolde remedies, which he hath prepared to restore thee to soundnesse of Limme and life, and by the free course of the pearle of his Ghospel, which is the Iewell of al Christian ioy. In consideration of these so many good graces of God, what

## To the Reader.

dooth Christian duetie require? (I speake to all, vnto whose view and censure this Preface shall bee presented) Let them take the sweete sacrifice of thankfulnessse, and burne the same vpon the Altar of an humble heart, that the redolent and perfumed incense of the same ascending vp into Heauen, may smell sweete in his Nosedrills, whose speciall delight is in such a burnt offering and Oblation. Thus much haue I saide by way of aduertisement, vpon occasion of this present Booke, whose benefites as they are diuers, so are they singular and in them all is Gods goodnesse highlie commended. Note of my wordes, and then iudge of the value and woorthinesse of the Booke. Art thou diseased in thy Head? art thou greened in thy heart? Art thou pained with Ache? Art thou tormented with a Feuer? Art thou wounded? Art thou troubled with any irksome sore? Doth thy sight faile? Doth thy hearing waxe weake? Dooth thy youth weare away? Dooth age creepe on a pace? Finallie, doost thou feele thy selfe infected with the poyson of the Plague and Pestilence? Then delay no time, but with a small price buye a gemme worth Golde, (this Booke I meane,) which though it be little in quantitie, yet is it great in qualitie and vertue. Heere (as in a cunning Apothecaries Shop) are receipts of sundrie sortes provided, wherewith the rage of any sore may be mitigated, the nypping smart of any Vicer or Wounde alluaged, and the venome of any malladie expelled, the perfection of health restored. Thus much in breete, by a sodaine blush iudge of the rest, esteeme it as it is, a necessarie implement, for any Housholder: yea, in the next degree to our daylie foode and nourishment to be esteemed. Thanke God and Vis it in thy neede. Heere thou hast succour to serue thee in thy sicknesse.

Thus farevwell in Christ. T.C.





# An Hospitall for the diseased.

A preservation against the Plague.

**T**ake a handfull of Sage, a handfull of Bearb grace, o-  
therwise called Kew, a handfull of Elder leaues, a hand-  
full of red Bramble leaues, and stampe them together,  
and straine them through a cloath with a quarte of White  
Wine, then take a quantity of Ginger, and mingle them alto-  
gether, and drinke thereof morning and evening a spoonfull  
nine daies together.

For the partie infected with the Plague.

If it fortune one to be sicke of the Plague before he haue  
drunke the forsaide medicine, then take the Water of Scabious  
a spoonfull, water of Betonie like much, and a quantitie of  
fine Treacle, put it together and drinke it, and it will expell all  
the venome.

A medicine to breake the Boche.

If it fortune the Boche to appeare, then take Bramble  
leaues, Elder leaues, Mustard seebe, and stampe them alto-  
gether, and then take of it and make a plaister, and laye it to the  
soze, and it will draw out all the venome.

A medicine for the Plague.

Take three slips of hearbe Grace, and five spoonfulls of vi-  
neger, and beate the same together, then straine the iuice out  
thereof, and put therunto one ounce of fine Treacle, and one  
ounce of sugar, and stir it together, then set it ouer the fire, and  
make thereof a sirrop, and put it in a bore close, then take a sage  
leafe, and euerie morning fasting, spread as much as a Beane  
thereof vpon the same leafe and so eate it. And if he that taketh  
it, be infected, it will drine it from his heart, and if the partie  
that taketh it euening and morning be not infected, it will pre-  
serue him within 24. houres after.

A plaister to drawe the sore.

Take one spoonfull of Honte, the iuice of Spurge, two  
spoonfulls and a halfe of wheaten flower, a good quantitie, and

## An Hospitall

one spoonesful of Turpentine, and temper these together without fire, and make of the same a plaister, and lay it to the soze, changing it at euery 24. houres.

A good medicine against the plague, approoued.

Amongst other excellent and approoued medicines for the pestilence, there is none more worthy anasible when the soze doth appeare, then to take a Cocke, Bullet or Chicken, and let the feathers of the taylor of the highest part bee plucked off, till the rumpe be bare, then holde the said bare of the Bullet to the soze, and the Bullet will gape and labour for life, and in the end will die, then haue an other Bullet, and doe the like to the Patient, and if that dye, yet still apply the patient with Bullets so long as any doe dye, for when the payson by the said Chicken is drawen forth, the saide Chickens that bee offered therunto will liue, then the soze presently will swage, and the party forth with recouereth this medicine is necessary to drue the venome from the heart.

A soueraigne drinke against the Pestilence.

Take an ounce of Sorrell water, and as much Dragon water, a dragma of Treacle, and put thereto a dragma and a halfe of powder imperfall, and giue it to the Patient with Ale within 24. houres after he is infected, and he shall with Gods grace escape and doe well.

A plaister to draw a head to the sore of the plague,  
and to breake it.

Take two Lillie rootes, one handfull of sower Dowe, two handfulls of Mallowes, one handfull of Linseede, stampe all these together smal, and boile it in a quart of the Lees of wine till it be thicke, then lay it an inch thicke vpon Leather, broader then the soze, and let the borders of the leather be playstered with Cordiers ware, to make it cleaue: it shall bring out the Botch in twelue houres, and breake it shortly.

A medicine that was taught King Henry the seueneth by his  
Phisition, against the Pestilence.

Take halfe a handfull of Rew, likewise of Mandagories,  
featherfew, Sorrell, Burnet, and a quantity of the crops and  
rootes of Dragons, washe them cleane, and seeth them with a  
loft

## for the diseased.

soft fire in running water, from a pottle to a quart, and then straine them together through a cleane cloth, and if it bee bitter, put thereto a quantity of Sugar-candy, or of other sugar, and if this medicine be used befoze the purples do arise: ye shall be whole by Gods grace.

A medicine to be drunke suspecting any, to have the plague.

Take a great Dryon, and the coze beeing taken out, fill the same full of good Treacle of Gene, and wrap the same in a paper, and roast it till it be soft, then straine the same with a little wine vinegar, and being tempered with a quantitie of Sugar, give the patient to drinke two spoonfulls fasting: and if the Patient be infected with the plague, you shall perceiue the appearance thereof, within five houers after the receipt of the same drinke.

Also for the vsuall drinke of euery Patient being so infected.

Take Rosemarie the quantity of eight or nine crops, then take of Marigolds being browne within, of burnet, and of Bonrage, euery one a handfull thereof, let them be sod in a quart of stale Ale clarified, then put into it a crust of bread, a little whole Spice, and a quantity of sugar, and let him drinke the same at all times during his sickness, and put Pimpernell in his broth.

Also another drinke to be taken euery morning for a preseruatue against the plague, and for the auoiding of infection.

Take Sauerie the quantity of a handfull, and boile the same in a quart of good Wine vinegar, with a spoonfull of graines being beaken, and put into the same; then drinke the same with a quantity of sugar euery morning fasting.

For the plague.

Take in the morning fasting one bile figge, one Walnut and foure or fiftie leaues of Rew, chopped altogether, and eate them, and afterwards drinke a cup of wine, if it be a woman with child leaue out the Rew.

A good medicine against the plague.

Take

## An Hospitall 101

Take of Rhenish water the quantitie of three spoonfulls, of good wine Vineger, the quantitie of three spoonfulls, and the quantitie of a Nutmeg of good Treacle of Gene. or els the quantitie of a Balsell put of Methydatum being all mixed together, take it in the beginning of your sickness.

For the Plague

Take an ounce of the leaues of Kew, halfe an ounce of good figs, an ounce of Fenoper berries, two ounces of Walnut s picked, foure ounces of Vineger, & a good quantitie of saffron, stampe all the foresaid things together, and reserve them in an earthen pot or a glasse fast stopp'd, that no aire issue out, when of it ye receive in the morning vpon a hines point the quantitie of a beane or more, ye shall be sure by the grace of God not to be infected within cristt houses after.

A medicine for the Plague or leprosie.

Take beech grace, sothernwood, Bugwort, Woadwood, of each a handfull, three or foure handfulls of Fenoper berries, those which be blacke, cut and shred the beards small, and put them into a flanders pipkin, and poure thereto foure quartes of good white wine Vineger, and let them soke seven nights if the beards be drie, if they be greene, let them not soke above foure or five houres, then put a handfull or two of those beards which be in the pipkin into the still, and then take out a quart of the same vineger, and poure it into the still vpon the beards, and distill it with a pretty soft fire, so too great a fire will wast it away, and so still it untill you haue stilled all from the pipkin into the still againe, and after this poure it into the pipkin againe, and put as many new and fresh beards, with so many berries as you had before in the pipkin againe, and so let them soke one other seaven nights, and then still them againe as you did before, & so the third time to be used with new beards, &c. in the same manner as before, and at the last time, put foure ounces of Methydatum into the pipkin amongst the beards, or els five or six ounces of Treacle, in place of the Methydatum so want therof, and then being stilled as before, put the same into a double glasse, and stop it with a peece of leather bound about it, and if the party be infected, let him take therof

foure

## for the diseased.

four ounces at one time, and if need bee, you may giue him so much for two or three daies, as you see cause, and to a woman but two ounces, and to children according to their age, and as they be able to beare it: and so sweate two or three houres, or longer if the partie may endure, and one stand by alwaies to wipe their face, leass by putting out their hand, they take cold, &c. When all this is three times stilled, it will not amount to above three or four quarts.

An oyle for all manner of aches, bruises, and strainings  
of the Sinewes.

Take a pottle of Beates-seate oyle, and a quart of an Ore gayle, a pint of Aqua-vinæ, a pint of Rose-water, Bay-leaves, Rosemarie stripped from the stalkes, Straw-berrie leaues, roots, and strings of Lanender cotton, of euerij of these a handfull, beate them small, and put them into the foresaid blisse, and seeth it ouer a fire of coales, in a pan of two gallons, and at your owne perrill, let not the flambe touch the blisse, let it seeth very well, and then take it off, and let it stand untill it bee almost cold, then straine it through a course linnen cloth, but not the bottome of the said liquor, then put it in a glasse, and so keep it, and when you are pained, annoint your græse withall.

For an ache.

Take Aqua compoſita, and the Oyle of Beates seate luke warme, and annoint the patient vpon the place of the græse, laying warme cloths thereon.

A medicine for an ache, or shrinking of the sinewes.

Take the tenderings of Rosemary, and Sparthe Gallows, by as enen portions as you can gesse, gather your hearbs when they be drie from raine and dew: pound them in a mortar very small, then take May butter well clarified, and put it to the hearbes, and mingle it in a vessell, and let it stand four daies, then set it ouer the fire, and let it seeth till the strength of the hearbs be gone, then take a little of it in a spone, and let it drop vpon the naile, and if it be græne as the Emerald, it is perfect: and then put it in an earthen pot, and when you wil occupie it, you must warme it.

## An Hospitall

A medicine for an ache.

Take Parsely and Wormewood, of each a handfull, & seeth them in a quart of Ale, with a quantity of sweet Butter, and wash wel the place therewith, that akes, & also bind the hearbs to the place, as hot as you may suffer it.

An approued ointment for aches.

Stampe Smalage, and put in it Aqua vitæ, and straine it, then put thereto Boxes greace, and straine them well together, and annoint the patient befoze the fire therewith euening and mozning.

A medicine for an ache in any place.

Take Sowthistle, Chickeweed, Elder leaues, Groundsell and Cleuers, of each a handfull, dye all these together betwene two Tiles, and lay these hearbes to the place where the græfe is, let the hearbes be washed befoze they be dyed.

A medicine for aching sores.

Take iuice of Smalage, of Dozell, of washred, of each of them like much, take Honney and the white of an Egge, of either like much, and mingle them together till it thicken, let it come nere no fire, but all raw and cold lay it to the soze.

For aches and swellings in the knees.

Take a quart of Palmesey, and a handfull of Lime, boyle them together, and when it is halfe boyled, put in a good peece of sweet butter, and let them boile together from a quart to a pint: when you go to bed bath your knees well therewith, and wet a cloth thre or foure times double therein, and lay it to your knees as hot as you can suffer all night, and vse this six or seuen times, and it will doubtlesse helpe you.

For a Sciatica or ache.

Take oyle of Peats seet, and Aqua composita, and annoint the same place where the paine is, then take woll newly plucked from the shepes backe, and lay thereon, and wrap it well with warme clothes.

A plaister for an ache.

Take as much Stone Pitch to the value of a tennis ball, and a sponesfull of Tar, and a pennisworth of Treacle and Rosin, to the value of a tennis ball, and a sponesfull of Honey, boile



## for the diseased.

It ouer the fire in a Kettle, and stirre it altogether till it be well melted, then take a new shepes skinne, and make holes in it with a bodkin, and spread the medicine on the fleshy side of the skin, and lay it to the ache as hote as you may.

### For an ague.

Take Burre roots, and red Bettles crops, and seeth them in stale ale, & clarifie it, and giue the sicke thereof to drinke about such time as the cold beginneth to come, and after the heat bee past. When you see that he beginneth to sweat, giue him to drinke Posset ale, made with Marigold and Fennell, and see the Posset ale be well clarified, vse this medicine, for it will take away the Ague within three or foure fits at the uttermost.

### A medicine against the hote Feauer.

Take a handfull of Bay leaues, a handfull and more of red Sage, and seeth the same in a pottle of stale ale, to a quart, and the same being strained, let the patient being in bed, drinke thereof a good draught, being warmed with a little Sugar, an houre before his fit doe come.

### A good medicine for an ague be it quotidian or quartan.

Take of Smalage, and of Feathersew, of either of them the quantty of a handfull, stampe them and straine them, and then take halfe so much as the iuce of the same is of small ale, and beeing mixt together, drinke it warme a little before the time that the fit shall come: that is to say, when you perceiue any grudging. This must be drunke three severall times, the patient going to bed, and cloths ynough laid vpon him.

### A medicine for an ague.

Take Bettles, Cobwebs, and Salt, and beate them in a wooden dish, and lay it to the left arme of the sicke, and it will take away the heat of the Ague.

### For the ague.

Take Soot, and yolkes of Eggs, and Bay salt, and Pepper, and mingle them together, and lay it to both wrists, and it wil take away the Ague.

### For your drinke in your ague.

For your drinke, take Ale, & not strong, & vse it luke warme.



## An Hospitall

That is to say: Drink and Pottage in an ague.

Take your Pottage and Posset ale, & Almond milke, with these hearbs following, that is to say, Sinkfossle, Succory, Buglosse, Endive, Bojage, Sorrell, Lettice, and Fenel roots, and Parsely roots, great Reasons and Paines.

A medicine for the drought in an ague.

Take a quantity of Burrage, a quantity of Sorrell, a certaine of Violet leaues, a certaine of Strawberry leaues, seeth them in a pottle of faire running water to a quart, then straine the hearbes, then take Almonds, and blanch them, beate them and straine them with the said water, and put Sugar therein, and drinke it warme.

A medicine for the quarten ague, and for the drought.

Take a pottle of good red Wine, and a pottle of new milke of a Cowe of one colour, take two or three good handfule of House eare cleane picked and washed, stripe it into the milke and wine, and temper them together, and let them stand so one night, and put them in a faire Still, and Still them with a soft fire, and take the water and put it in a faire glasse, and set it in the Sunne four or five daies, and let the sicke when he dyeth in his Ague drinke thereof three or four times, and he shall be rid of his Ague, and his drinke shall quench his drought.

A medicine against the Quarten.

Take Shell Snailles two handfule, bay Salt, shallows, of each a handfull, beat these together, and lay it to the soles of your feet, befoze the quarten it doth come.

A medicine for a cold in a Feauer.

Take Camomille and Tabbacow, and seeth them in a quart of Ale, till halfe be consumed, and give it the patient first and last.

A medicine against the hot Feauer.

Take a pottle of Rale Ale, and a bottom of a stale white Loafe, and a handfull of Sinkfossle, a handfull of Camomille, Treacle and Vineger, of each a sponfull, a few whole Maces, Sugar Candy, as much as they list, and seeth these untill halfe be consumed, and straine it from the hearbes, and give it to the patient

## for the diseased.

patient to drinke, and none other drinke during his heat, and as much thereof as he will, and it helpeth.

For the Ague.

Take two oz three Cloues of Garlike, and bruse them, and a pennyworth of Aqua vitæ, halfe a pint of ale: seeth them together, and drinke it a little befoze the fit come as hot as you may.

Against the corrupt aire.

Take Betony, Centory and Grimony, of ech a handfull, and stampe them and straine them with ale, and with a Lycoras sticke brused, and then boyle it, and clarifie it, and make it pleasant with Sugar, and drinke thereof euery morning blood warme three spoonfulls, three oz foure dates.

To make a man haue an appetite to his meat.

Seeth Centory in faire cleane water, and let the sick drinke thereof euery morning blood warme, three spoonfulls, three oz foure dates.

To make a man haue an appetite to his meat.

Seeth Centory in faire cleane water, and let the sick drinke it luke warme fasting three dates, each day nine spoonfulls, and he shall be whole, for this purifieth the stomache and best also.

A good comfortable powder to digest well, and many other good properties.

Take Bellatorie of Spaigne, Centory, Annis, Licoras, Graines of Paradise, Ginger, Sinamon, of each like much beaten, and searced into fine ponde, and drinke thereof morning and evening halfe a spoonfull in Wine oz in Ale.

To make Ipcoras for a weake stomacke.

Take a pint of Aqua vitæ, and put in a glasse, then take two ounces of Sinamon, and one ounce of Ginger, two pennyworth of Cloues, two pennyworth of Graines, one of Putmegs and beat them altogether to grosse ponde, and put them all into the glasse to the Aqua vitæ, and shake it euery day often nine dates together, and then drinke it with Wine oz Ale, halfe a spoonfull, oz a quarter, with halfe a pint of ale.

A medicine to cleanse the backe, and to purge the reins.

Take one Fennell roote, and two Parsely roote, and take out the pithes of them, and take thereto one handfull of Bellatorie

## An Hospitall

fozte of the wal, and all these being washed cleane, seth in pos-  
set Ale, and drinke thereof when you goe to bed, and if you  
wake at midnight, drinke you also.

A medicine for the paine in the backe, and for the  
heat in the backe.

Take Rosewater, and put thereto Saunders, and Rose-  
leaves, and lay them in steepe in your Rosewater one whole  
night, then wash your backe with the same, and it will take a-  
way the heat, and greatly comfort the reines.

For paine in the backe.

Take Sage, Rosemarie, Camomell, and Wandlin, of each  
of them a handfull, then stampe them together, and fry them in  
May butter, and annoint your backe with it warme.

A medicine for the reines of the backe.

Take halfe an ounce of Turpentine of Venice, and let it  
bee well washed in Plantaine water, or Rosewater, and then  
mire it with fine white Sugar, and make thereof foure or five  
bals, which you must eat three in a morning fasting, and daily  
drinke a little White wine, or Rensh wine immediately after.

To drive out a paine or griping in the belly.

Take Sothernewood, and lay it against the place of the  
contrary side where the torment is, and it will drinell out, and  
if it be laid to the Pauell, it will drine away the paine.

For the biting of any venomous beast.

Take Plantaine, & drinke the iuice thereof, and take Plant-  
aine and Salentine, of each like much, stampe them & temper  
them with Ale pisse, and lay to the soze, and it will allwaie the  
swelling, and draw out the venome.

A medicine for the biting of a mad dog.

Take a good handfull of Betony, and a handfull of Wilde  
sage, a handfull of nightshade, and faire running water a pint,  
the hearbs being stamped and strained therewith, & put there-  
to a pentworth of Treacle, and giue it to the patient to drinke,  
two or three mornings.

A medicine to stop bleeding.

Take Centorie, greene Kew, and red Fennell, and stampe  
and

## for the diseased.

and straine them, and drinke them warmed.

A medicine to stop bleeding.

Take Bursa Pastoris, Plantaine, and Kope of each of them like much, and bruisse them in a mortar, and warme them as hot as you can against the fire, and lay them to the nose of him that bleedeth, and bind some of the hearbs to his temples as hot as he can suffer them.

Another medicine for the same.

Take an old cleane linnen cloth, and wet it well in Vineger, then burne it to powder, then take the powder thereof, & if it be a wound cast it therein, and it will stop the bleeding immediately, but if the nose bleed, then snuffe by the foresaid powder into thy nose, and it will stint bleeding.

Another for the same.

Take a Toad, and dye him in the Sunne very dye, then put him in a Linnen bag, and hang him about your necke with a string, so low that it may touch your brest on the left side near unto your heart, and commonly it stayeth all kinde of bleeding at the mouth, nose, or wound.

Another to stop blood.

If your nose doe bleed unmeasurable, then tie your little finger very hard about the lower toynt, and so the most part it stalleth not, but stayeth the same.

For spitting of blood.

Take the iuice of Betony, & temper it with Coates milke, and geue the patient to drinke three daies.

For the same.

Take Smalage and Pinks, Reue and Betonie, and seeth them well in good milke, and sup it warme.

To stench blood at the nose.

Take Betony, stamp it with a little salt, as much as thou maiest take by with thy two fingers, and put it in thy nose.

To stench blood.

Take Linnen cloth, and burne it, and take the powder and put it in another cloth, and so lay it to the wound. Also take an Hearbe that is called Peruincell, and hold it between thy teeth, and thou shalt not bleed while thou holdest it there.

Good

## An Hospitall

Good for the braines.

To smell the sauour of Muske, Camomell, to drinke Wine measurably, or to eate Sage, but not much, to keepe the head warme, often washing of your hands, measurable walking, measurable sleeping, to heare little noise of Musicke or singers, to eat Mustard, Pepper, the sauour of Red Roses, and to wash your Temples with Rosewater.

Ill for the braine.

All manner of Bzains, Gluttonie, Drunkennes, late Suppers, to sleepe much after meat, corrupt aires, anger, heavinesse of mind, to stand much bare headed, to eat too much or hastily, too much heat, too much watching, too much cold, Pitke, Chese, all manner of Puts, much bathing, Onions, Garlick, and great noise, or to smell a white Rose.

For stopping in the brest.

Take Rew, and seeth it in Cissell, and so drinke it: drinke Pettie seed bzaid, and it shall void gratell of the stone in the raine of the backe.

For a sticking breath.

Take the seed of Costander, and boile it in white rimney or Sacke, and thereof drinke thre spoonefuls in the morning, and as much at euening, but that you drinke in the morning, must be cold, and the other whote, but you must vse to take no excesse of meats, nor drinks, nor sit not late, but rise by earely.

A medicine for a bruise in the Leg or arme, or elsewhere.

Take water Cresses, and wash them cleane, and seeth them in faire water till they bee soft, then beat them small in a Morter, and put them in a cleane Pan, & put thereunto sweet sevet of a Hart, Bucke, or Sheepe, and put thereto the Lees of wine, and wheat bran, and fry altogether, and make a plaister thereof, and lay it warme to the soze place, and so lay thre or foure plaisters, as need shall require.

Another plaister for a bruise or sore vnriped.

Take Otemeale grotes, and seeth them in sweet Cowe milke, vntill they be as thicke as pap, and put it into a panne, with a quantity of sheepes tallow, and boyle them well, and stirre them well, and then make a playster thereof, and lay it to the

## for the diseased.

the græse as hote as you can suffer it.

For a bruise, or a straine.

Take the grounds of Ale or Beere, and wheat bryanne, and Chickwæd, and lay it to the græse thre or foure times a day vpon a red cloth, not too thin.

For all bruses and aches in the bones.

Take a good quanti y of Malwort, & a certain of Balme, and Smallege, and stampe them well; then take a pound of May butter, and temper them together, then make them in round bals, and let them lye eight dayes after, and then stampe it againe, then fry it and straine it, and so put it in an earthen pot, and this will helpe the bruisse, though it be very blacke.

A medicine for burning, scalding, or burnt with  
an hand Gun.

Take ten or twelue Egges, as you will make the quantity of your Oyle, and let them be as new as you can get, lay them in the fire, & rost them as hard as you can, then take the yolkes and chop them as small as you can, and put them in an earthen pot, and set it ouer the fire, and take a stick and stir it, and let it boyle vntil you see it consumed in a manner to nothing, then take it from the fire, and set it in the asse a quarter of an houre or moze, and there will come an oyle thereof, then take a feather, and annoint the græse with the same oyle, and take Hart Tongue leaues, and lay them vpon the græse, and that wil gather the skin, then you may bind a cloth to it.

Another medicine for the same.

Take the dung of Geese, of one nights making, and fresh butter unsalted, or els clarified Shæpes sebet, & fry them in a frying pan a good time or season, vntill your sebet be almost consumed; then put them in a cleane course linnen cloth, and straine them into a small vessell, then take a feather, and dip it in the liquoz, and annoint the burned place or scalded, & when you haue so done, wet a fine linnen cloth in the liquoz, andauer the soze withall, and doe this thise or thrice a day, and by Gods grace it shall helpe you.

For burning or scalding.

Take

Take



## An Hospitall

Take Spaldenwort, stampe it and seeth it in fresh Butter, and straine it and annoint the patient.

To take away a heat or burning with Gunpowder.

Take a good quantity of Houllack, stampe it and wring out the iuice, take the white of fire Egges, and beat them in a dish till they be thinne, & then take off the skinne, and put the rest together, and wash the sores with a linnen cloth, and lay the cloth aloft vpon the soze wet.

A medicine for burning or scalding.

Take blacke Sope, or grey Sope, and lay it immediatly to your soze.

For burning or scalding.

Take a god handfull of Ruans, and as much of Shæpes dung, and seeth them in May butter, and straine it, & annoint the place with the same cold, twise a day, but annoint it first with grey & blacke sope, and it will helpe, the oymment must be spread vpon a sleren cloth, if you can get it.

To make an oymment for burning with Gunpowder, or scalding with water.

Take a handfull of Barrocs greace, and two handfuls of Groundsell, and two or three handfuls of Houllacke, and stampe the hearbes together, then put to it new Sheepes dung two handfuls, of Gose dung two handfuls, and stampe them altogether, and being whote, straine them through a cloth into an earthen pot, and with the liqnoz annoint the burned place.

An oymment for burning.

Take Plantine, Maybret, Dasse, and greene barke of Elder, and greene Gose dung, and oyle of Oliffe, stampe them together, and wring them through a cloth, and bath the place that is hurt with a feather.

For burning or scalding in what place soeuer.

Take the white of an Egge, and put it in a peinter dishe, and then labour it with an Allom stone, till it bee like a Posset curde: then take a fine peece of linnen, and wet it in Oyle of Oliffe, or in some other Oyle, then lay the said cloth vpon the soze, and aboue it lay the foresayd curde made of the white of an Egge, and that shall draw out the fire, and heale the soze.

For



## for the diseased.

For burning or scalding.

Take foure Egges and rost them, and take out the yolkes, & drie them in a pan softly vpon the embers, till they be black, and thereof will come an Oyle, the which saue and put into a Gallie pot, and vse it when you haue need.

A medicine for a burning, for lacke of other things.

Take the berries of Elder tree, and lay them to the soze, and it helpeth.

Another medicine for the same.

Take Oyle of Oliffe, and beat it with water till it were very white, and annoint the place.

For a burning with fire.

Take blacke Ternish, and all to annoint the place with a feather, and it will stay the heate, and heale it as faire as euer did Medicine, and so vse it till you be whole.

For a Canker in a womans paps.

Take Gose dung, and Salentine, and bray them well together, and lay them to the soze pap, it will cleanse the Canker, kill the woorme, and heale the soze.

For the Canker in the mouth.

Take the iuice of Plantaine vineger, and water of Roses, and wash thy mouth withall many times.

A receit to still a Cocke.

Take a red Cocke of thre or foure yeeres old, and kill him, and dresse him fayre, and cut him in foure quarters, bruse the quarters, and picke out the fat of them, then take halfe a handfull of red Wints, a handfull of Hartstongue, put them in the pot close, with halfe a pint of Palmie, sixe crops of Yslope, a roote of Parsly, a roote of Fennell, a roote of Cardus, twenty Damaske Rones, twenty Raisons of the Sun, foure Acres, and let it still twelue houres, and let the pot be couered with posse, with a platter vnder it, and let the patient drinke of euey morning next his hart.

A medicine for the Collicke.

First take a handfull of Rosemary, as much of Time, & as much of Yslope, one ounce of Cloues and Pace, and seeth it in a pottle of white Wine, and let it seeth till it be consumed to a

## An Hospitall

Quart, then put therein a little Sugar, and drinke thereof luke warme, when you feele your selfe pained, and when it is sodden, as is before mentioned, you must burne it as you burne other wine.

For the Collicke in the side.

Take a small wooden dish, & put therein first cold ashes, then lay vpon them hote embers, without great coles, & there vpon strew a good quantity of Cummin-seede, and sprinkle it with Palmie, and so doe till the dish be filled: then cover the dish with a fayre linnen cloth double, and lay it so hote as you can to your side where the Collicke lyeth, and vse this two or thre times, and it will helpe you. And for lacke of Cummin-seede, take red Sage, Cammomell, Hysope, Time, Penerogall, of like quantity, and vse it as the Cummin seed before.

A medicine for the stone.

Take Bellitory that groweth on the wall, ground Aise, Sarcrage, Parsly, Quans, Mallowes, and red Pettles, Pepper, Cheruell, and Mouse-eare, and boyle all these hearbes, of euery of them a like quantity in Whay, & clarifie the Whay with the white of an Egge, and drinke a draught thereof at a time, fasting.

Another for the same.

Take halfe a penny-worth of Parsely-seede, as much of Radish-seede, being well pressed and brused, and seth them all in a pint of white Bassard to halfe a pint, and then drinke it with warme.

Another to breake the stone.

Take Hawthorne flowers, or for lacke of flowers, take Hatoes, and distill them, the flowers in May, and the Berries when they bee ripe, take of this water thre spoonesful, & thre spoonesful of Palmie, and a quantity of Ginger, and drinke it warme.

A medicine not only to break the stone, but also clearly to purge you thereof, if you vse this

same daily.

Take the Roes of Hyt tree, and pricked Holly leaues, and dry them in an Ouen, & beat them seuerally into drie powder, then

## for the diseased.

then put them together beeing first searced, and of like quantitie : then put thereto the powder of Gromunell seed, & Worme seede, of each a like quantity, doing but halfe so many in quantitie as the powder aforesaid, and they being mixt altogether, vbledaily a good spoonesfull of the said powder in a draught of Ale, Beer, white Wine, or Rhenish wine, euening & morning : and besides that, you may vse the same powder in brothes and pottages, the oftener the better : haue alwayes in store a good quantity of the said powder, you must keepe the same alwayes dry, in a pipkin by the fire side, or otherwise.

Another for the same.

Take Parsly, distill it, and vse to drinke the water in white Wine, or in good Ale, and it will destroy the stone, Collicke, Strangurie, and other passions in man or woman.

A medicine for the Collicke and the stich.

Take the grounds of Malmsie, Shēpes fallow, Ribwort, red Sage, and Alisanders, seeth all these together, and make a plaister thereof, and lay it to the grēse, and annoint you with Oyle Oliffe, and Oyle of Balme mixed together.

For the Collicke and the stone.

Make Pellitory, vnset Lēkes, and Mallowes, of each a like quantity, stampe them, and put thereto a penny-worth of Peates oyle, frie them well together in manner of a plaister, put them into a bag of Linnen cloth, and being very hote, lay it to thy belly, and it helpeth within an houre.

And for the stone, lay the same to the reins of the back behind, and it helpeth with speed.

For the Collicke and stone.

Take halfe a pound of Time, as much Parsely rootes, and blades, halfe a pound of Alisander rootes, and seeth them altogether in a pottle of Ale, vntill it consume to a quart, and so drinke it fasting.

For the stone, and for him that cannot pisse.

Take a quantity of Time, Parsely, crops of Fennel, Sinckfoyle, Alisanders, of like quantity, five or sixe clones of Garlicke, stampe them altogether, and straine them with white Wine or Ale, and drinke thereof first and last, warmed.

## An Hospitall

A speciall medicine proued for the Stone, Collick, Dropisie,  
Strangury, and Iauanders.

Take of Cēny halfe an ounce, Ginger, Annis sēde, Rico-  
rice, Paces, Pettie sēdes, Ceate, Saffron, of each two penny  
weight. Fennell sēde, and Spikenard, of each one penny  
weight, and thre penny weight of Sinamon, make all these  
in powder, and drinke thereof halfe a sponesfull at once in pos-  
set Ale, or in pottage.

For the Collicke passion.

Take Annis sēdes, Fennell sēdes, and Caraway sēdes,  
of euery of them halfe an ounce, Ginger, Galingale, and Si-  
namon, of euery of them two dragmes, Cloues, Paces, and  
Cardam, of euery of the halfe a dragine, Setwall foure drag-  
mes, Sugar eight ounces, make them altogether in powder.

For the stone, or stopping of the water.

Take a pint of white Wine, & therewith make a Posset,  
then take all the curds away, and put into the Posset Ale two  
penny weight of the scraping of white Sope, & boile it, then  
drinke it as hote as you can.

For the Collicke and the stone, proued.

Take Parsely sēde, Worme sēde, Crommiell sēdes, Fen-  
nell sēdes, Annis sēdes, Planten sēdes, & Smalage sēdes, of  
euery of them a quarter of an ounce, & of Putmegs halfe an  
ounce, of Sugar tried, foure ounces, and beate them altoge-  
ther in a Morter, untill they be very fine, then searce the pou-  
der thzough a searce, and vse to drinke this powder euening  
and morning, thre daies in a weeke, with wine or other drinke  
like warme, and take of this powder at a time, the quantity of  
a great Hasell-nut: and if the paine bee great, take of the oyle  
of Scorpions, with oyle of Roses, & annoint your side where  
the paine is, against the fire.

To purge the bladder of him that cannot pisse.

Take Fennell, and the rootes of Allesanders, Parsly, the  
rootes and the leaues of Harts-tongue, Maidenhaire, & seth  
them in white Wine, and giue it the patient to drinke, and it  
will purge the bladder in short time.

For the same.

Take

## for the diseased.

Take Kew, Crommell, and Parsly, stamp them together, and temper them with white Wine, & giue it the sick to drinke warme.

For him that cannot well pisse.

Take a Flint stone, and lay it in the fire until it be red hot, and therewith warme pour Ale, and then drinke thereof.

To prouoke vrine, and against the stone.

Take three quarts of Ale, warme it wel, let it be skimmed thise, then put to it a handfull of Lime, a handfull of Rosemarie, and a handfull of Pennyroyall, and let them seeth together till one quarter be consumed or more, then straine the hearbes from the Ale, & drinke a draught of the Ale first & last warme.

To make one pisse.

Take a quarter of a handfull of Parsly, as much red Fenel, wash and chyd them small, and put them in a cup of stale Ale, and make a Posset therewith, and drinke the Ale, & it helpeth.

For a man that pisseth blood.

Take Ambros a handfull, Bursa Pastoris, as much, Parsely seede, as much, stampe them altogether, and giue the sicke to drinke thereof in Goates milke.

To prouoke vrine.

Take a handfull of red Pettie rootes, and seeth them in a quart of good Ale, till it be consumed to a pint, and put thereto halfe a dish of Butter, and let it be cleane skimmed before the Butter be put in, & seeth it in Alexander seedes, Parsely seedes, Crommell seedes, beeing beaten into fine powder, and straine them thzough a fine cloth, as much of the one as of the other, and drinke thereof first and last.

For the same.

Take a quantity of blake Sope, & English Saffron, and temper them together cold, and lay it cold vpon your nauell, beeing spred vpon a broad paper, or red leather, & then laid vpon it a Linnen cloth, of terme or twelue folds, hote, & roule you with a towell, and so lye downe vpon your bed warme, and it will make you pisse within an houre.

A drinke for the windy Collicke.

Take a quart of Malmsie, and two spoonefuls of the pith

## An Hospitall

of Parsely roots, and a handfull of Violet leaues, and fine Bay leaues, seeth all these together vnto a pint, and drinke it morning and euening warme.

To take away Cornes.

Take Parigolds stamped, and lay vpon the soze euening and morning, and it profiteth. Or else pare your Cozne, & lay thereto Turpentine and red Waxe boyled together, & make a plaister thereof, and it helpeth.

To doe away a Corne.

Take and cut away the Cozne, and drop into it a drop or two of a blacke Snail, and put thereto the powder of Sandefer, and it will doe it away.

For the same.

Pare away your Cozne as nere as you can, & put into the hole vnlecht Lime as much as a Fatch, & couer it with a playster of Waxe and Rozen, and let it lie 24 houres.

To make a water against a Consumption.

Take a quart of Rose-water, as much of womans milke, milke of Goats, of Hares, or of Cow milke, put vnto them thirtie yolkes of Egges, well mingled together, and thereof Still a Water, whereof giue the patient to drinke warme first and last with a Cake of Manus Christi, made with Gold and Pearles.

For a Consumption in the reines.

Take Clary leaues and picke them, and frye them with two or thre yolkes of Egges, and put thereunto Saffron dried vpon a stone, and grinde it small, and put all together, and frye them in fresh Butter, and eat it warme next your heart.

To make Gelly for one that is in a Consumption.

Take a Legge of Aleale, and cut away the fat, and a Capon or Cocke new killed, and skald him, and wash him cleane, and let the Capon and the Aleale lie in water the space of thre houres, and seeth them on the fire, with two pottles of faire water, scum it cleane, and as the fat riseth, take it off, and so let it seeth, till halfe the broth be consumed, then put in a pottle of racht renish wine if you haue it, or els a pottle of white wine, and let it seeth altogether, vntill it consume to a quart, and  
clarifie



## for the diseased.

clarifie it with thre or foure whites of Egges, and let it runne through a gelly bag, and then set it on the fire againe, and put in one pound of Sugar, and one ounce of Cinamon grosse beaten, and then let it runne through a gelly bagge thre or foure times, and after let the patient drinke thereof warme.

### For an extreame Cough.

Take Fennell rootes cleane washed, Annis seedes, & a little Licoriz, and seeth them altogether in white Wine, and take the white Wine, and drinke a good draught thereof when you goe to bed, and the next morning take a Fig and a Date, and roast them, and eate them somewhat whote, and neither eate nor drinke in two or thre houres after, and in two or thre times drinking it shall helpe you.

### For the Cough.

Take eyght penny-weight of fine Ginger, & sixtē penny-weight of the powder of Clicompane rootes, and one ounce of the powder of Licoriz, & two ounces of the powder of Annis seedes, & thre ounces of Sugar candie, mingle all these together, and vse to eat it when you will at all times in the day, and you shall find ease therein, for this is well proued.

### For the Cough, and to dry vp the rume and steame.

Take a handfull of Sage, a handfull of Bay salt dyed at the fire, a handfull of Commin, a penny-worth of Cloues, and another of Maces, and beate all these & mingle them together, and put them into a linnen bagge, the length and breadth of a mans hand, and quill it, and vse it hote vpon the mould of the head till you be eased, warme it morning and evening, and lay it to your mould againe.

### For the Cough of the lungs.

Take a pottle of running water, twenty Figges, a quarter of the best Sugar, a good quantity of Licoriz & Annis seedes, a penny-worth of Maidenhair, a handfull of great reasons the stones picked out, and boyle them vnto a quart, and so warme a little in a stone cruse, and drinke thereof.

### For the Cough.

Take Hysope, Horehound, Sugar and Water, boyle them altogether, till it come to a thinne Sirrope, and so vse to eate  
D there



## An Hospitall

therof euening and moyning, and all other times when you thinke good.

### For a Cough.

Take a pint of hisope water, and halfe a pint of Rose water, and a good quantity of Licoriz bined, a great spoonefull of Annis seeds, halfe a pound of white Sugar candie, let all these boyle together, till it come to a clere Sirrop, then put it in a faire glasse strained, and take this sirrop at all times of the day or night, when you list.

### For the Cough.

Take a tost of bread, and make it hote, and put on swete Sallet Oyle on both sides of it, and eat it euery moyning and euening, and it will helpe you.

### For the same.

Take Barrowes or Bozes greace, thre or four cloues of Garlicke, and stampe them together, and warme and annoint thy fete therewith at thy going to bed, and so keepe them hote with a toasted trenchour, and warme clothes, and you shall recover.

### For the chin Cough in children.

Take Bozes greace, and warme the soles of their fete at the fire, and chafe them with the aforesaid Bozes greace, and let them goe to bed, and keepe them warme, and lay cloathes to their fet.

### For the Cough and the wheeling.

Take a pound of Sugar candie somewhat finely beaten, halfe a pound of Licoriz searced, and halfe a pound of Annis seeds searced, and an ounce of the powder of Ginger, an ounce of Ellicompane roots made into powder, and mingle these together, and take of the same powder halfe a spoonefull at a time when you goe to bed, and when you rise in the moyning.

### For the Cough.

Take Hisope, Licoriz, Hozchound, a little of the roote of Ellicompane, great Raisins, Figges cut in small peces, and Annis seeds: boyle all these in water, then straine out the water, and drinke it in the moyning fasting.

## for the diseased.

For the Cough, and for stopping at the brest, and to open the pipes, and to avoid much corruption.

Take the root of Elcompane, and a root of Radish, and shred them thin, & Peare-wardens, twice so much as of both the others, then put altogether into a new earthen pot, then put thereunto clarified Honny till it ouer-flow: the said ingredients: then couer the pot, & passe it that no breath come out, and set it into an Ouen, and let it bake with a batch of breade, and giue the sicke thereof a spoonfull at morning, and another at night.

Maister Bakers medicine for the Cough of  
the lungs.

Take three pints of running water, halfe a pounce of Rosingale Sugar, with nine figges, and halfe a spoonfull of Anniseedes bruised, a handfull of Raisins of the Sunne cleane washed, hauing the stones picked out, a penny-worth of Baydenayze: let all these boyle together till the one halfe and more be boyled away, and then straine the same through a fine cloth, and euery morning drinke two spoonfulls of it like watmey, and you shall find present remedy.

For the Crampe.

Take Holy-oyle, oyle of Violets, and of Swines greace, of each like much, and make an ointment and annoynt the place.

An excellent salve for a Cured.

Take two handfulls of Bogle, which groweth most commonly in Woods, and as much Waterian: bruse the very small, the take a quantity of Dares to wet halfe so much in wrought where, so much as these two in the hearth may be boyled therein, then set it on the fire, and when it is halfe boyled, put in a quantity of the best Turpentine that you can get, then let it boyle till it be ynough, and all the while stire it well, when it is boyled ynough, straine it through a cloth into a vessell, and so kepe it.

For a new cur that will not leaue bleeding.

Take the bladders of bules, washen and steepe them, and put thereunto Honny and Wheatflower, and fire them well together.

## An Hospitall

gether untill they be thicke: let it come nere no fire, but al cold lay it to the wound, and it will stanche the bleeding, draw out the hyled blood, and make it cleane.

For the deafenes in a mans head.

Take a quart of *Malisie*, a penny worth of *Commia*, and eight *Betony* leaues that groweth on the land, then boile all these together, till the one halfe of the *Malisie* bee consumed: then take the pot that you boile your medicine in, as soon as the hearbes be boyled, and couer it with a tunnell, and binde it close about the verge, that the heat come not out: then put a quill in the other end of the tunnell, then put the patients eare thereunto, so that the heat may goe close into the head, first the one, and then the other: and wile the heat is working in the one eare, you must stop the other with black wolle, & you must haue hote cloathes to keepe in the heate on the other side of the head while that your medicine worketh: then serue the other eare like wise. You must vse it thre times in the day, that is to say, in the morning, at noone, and at night, & so you must continue the space of thre dayes and thre nights. See that the patient come not into any open aire the space aforesaid: and you must put to your *Malisie* a quarter of a pint of cleer running water.

A good Medicine for deafenes, used by Thomas Stecuens of Bushton.

Take *Bay* berries, *Bay* leaues, *Betony*, and *Sticards*, of each of them one handfull, seeth them in white Wine to the halfe, and so; an old man in *Malisie*: then put it into a vessell that hath a narrow mouth, and holde your eare ouer it being buttressed, so that you may suffer it, being neither too hote nor too cold: then take oyle of blitter Almonds, and let drop therof two or thre drops into your eare, and alwaies haue a locke of fine blacke wolfe that groweth betwene the Sheepes legges, to stop close your eare therewith: wherein if you put a little *Opuske*, it will be the better.

A soueraigne medicine for the paine and buzzing in the head, which hindereth the hearing very much.

Take

## for the diseased.

Take one clove of Garlick, pill it, and pierce thre or four holes in the middle, and dip it in fine English hony, and put it into your eare, and put a little blacke wool after, and lie vpon your other side each night, and so let it continue in your eare for the space of seven or eight daies, and it will expulse the humors at your nose, expell the paine, and restore the hearing.

For the paine in the eare.

Take two handfulls of Sage, one handfull of Hysope, and halfe a handfull of Rosemary, put these into a little pillow boyled in Rose Wineger, Aqua vine, and Rosewater, and lay it to your eare as hote as you can suffer it.

An oymment for a swelling.

Take a good quantity of Smallage and Pallowes, & put thereto two pound of Boyses greace, one pound of Butter, and a quantity of Beates foot oyle, stampe them well together, then fry them, and straine them into an earthen vessel.

To make a drinke for an extreame heat or drought.

Take a pottle of faire water, a handfull of Succory, a handfull of Endiffe, a handfull of Violet leaues, a handfull of Burrage, halfe a handfull of Lettice, two fewell cotes, two Parsly roots, put them all in your pottle of water, & let them seeth from a pottle to a quart, then take it off, and put a little Sugar to it, and let it haue two wallops more, then drinke of it when you thinke good.

To make a diet drinke.

First buy a diet pot, and fill him full of Conduit water, larking a quart: then put to the water a quart of white Wine, and set him over a soft fire of coles, then put thereto a pound of Licoriz scraped and cut in smal peces: halfe a pound of Annis seedes brased, halfe a pound of Ligna vine bought at the Turners, and an ounce of the barke of the same, which you may haue at the Apothecaries: then let all these boyle together an houre & an halfe, so that one part of the liquor be boyled away, then take and straine it into a sayze vessel, and keepe it close, and drinke thereof first and last a prette draught warme.

A water for the eyes.

Take kindly Roth Aloome white, a small quantity of Red

## An Hospitall

Rosewater; and the iutce of red Fennell, and the whife of an Egge well beaten, and take off the scum of the Egge, and beat them together: then straine it throug a fine cloth, then dippe your finger in the water, and let it drop into your eye.

Good for the sight.

All this is good for the sight, red Roses, Uerualne Roses, Fennell, Salendine, Pimpernell, Oculus Christi, to wash your eyes with clere water, or to loke vppon grene colours, measurable sleepe, to looke in a faire glasse, often washing of your hands and face, and it maketh your meat to digest well.

Ill for the eye sight.

To studie after meat, Carlick, Onyons, Leekes, Lettice, too suddaine going after meat, wines, hote or cold aire, Drunkenesse, gluttony, Silke, Cheese, much beholding of bright things, and as euill redde things as white: much sleepe after meate, too much walking after meate, and too much letting blood, colde woerts, fire, dust, too much weeping, and oiser much watching.

A speciall good water for the eyes.

Take a new laid Egge, and rost it hard; cut the shell in the inndest, and take out the yolke, and put in a peece of white Coperas whereas the yolke lay, and bind the Egge together againe, and let it lie in the fire vntill the Coperas bee resolued in water: then take the white out of the Egge, and cut it in small peeces, and let it stand a while, then straine it throug a fine cloth, and keepe it in a close glasse, and dresse the eye euer morning and euening.

To kill the pin and the web in the eye.

Take a quantity of three leaved Grass, as much red Fennel, as much red Sage, as much Daisies, the white of an egge beaten, and the froth taken away; halfe a spoonfull of honny; stampe all the beaues together, and then take the iutce thereof, and put therunto the white of the Egge and the honny, and then stire them together, and drop the same into the eye of the patient: then take a plaister of Florence tow, and dip it in this medicine, and lay it vpon the eye of the said patient, and binde it fast, and let it remaine so an houre at euery time of dressing.

An

## for the diseased.

Another for the same.

Take the leaues of *Salentine* and stampe them and straine them: then put one drop of the iuice thereof in the eye, and it will helpe by Gods grace.

For the web in the eye if it bee old.

Take the red *Pimpernell* and *Euphrasia*, and stampe them in a Morter: and then stry the with *Cayons* greace in a cleane pan: then wying it through a cloth into a vessell of brasse and let it stand therein thre dayes after: put it in a bore of horn or tinne, and take thereof and put it in the web of the eye: This Medicine is soueraigne.

A good medicine for the eyes, being either

Pearle or Web.

Take thre leaues of *Dallies*, and *Pouch-wort* alias *Bursa Pastoris*, and the *Chest lops*, alias *Woodliffe*: stampe them together and straine them in a little good Ale: drinke of the same thre generall Moynings two houres befoze you rise, and you shall find ease: notwithstanding your eyes will bee sore: then wash your eyes with clere running Water: then drinke of your drinke two moynings againe: and you shall be whole and find great ease by Gods grace.

A Water comfortable for the eyes.

Take the iuice of *Euphrasia*, or els water made of it: soz it is the best hearbe that can be soz the eyes, what way soeuer you take it.

For sore eyes.

Take rotten Apples and still them: and with the water thereof wash your eyes, and it will purge and clense them, and clere your sight.

For the same.

Take *Coperas* and lay it in running water and straine it: and when you goe to bed, strike the bras of your eyes with the same water, and let it drop into your eyes.

A water very good for the eyesight.

Take *Roselaues*, a great handfull of red *Fennell*: *Wervaine* as much: *Relue* a handfull: of *Salentine* as much: and still them together: and you shall haue a good water and comfortable



## An Hospitall

foztable foz your eyes.

A drinke for the eyesight.

Take a quantity of Iute that groweth vpon the Ashe: a quantity of the rootes and leaues of Daffies in the field: also a quantity of Fennell: and a quantity of thre leaued Grasse: all these being washed cleane, stampe them and straine them with a pint of stale Ale: and drinke thereof enening and morning: or at midnight foz a season.

A perfect water for the eyesight.

Take Sage, Fennell, Uernaine, Betony, Emphrasia, or Eye-bright, Pimpernell, Sackfoyle, and Herb-grace, and lay all these in white Wine all night: and then still them in a stillitoz of glasse: or &c. This water is speciall good.

For the Emrodes, and to dry vp any sore.

Take the broad Hemphane leafe, commonly called Canel-leaues, which growe in waters: wash them cleane, put them in a paper, and fry them in the embers, and apply them as hote as may be suffered, and make them in powder, & cast them into the soze, and it helpeth.

For the same.

Take redde Morts and seeth them in a pot: then take the pot, and set it vnder a close chaire, and sit ouer it, & lay warme clothes about the chaire, that no aire may goe out, and so sit ouer it till it be cold, and then annoint the members with the lique.

For the same.

Take a plate of Lead, and rub thereon a quantity of Bozes greace foz a man, and Swines greace foz a woman, and wash it out with white Wine, and annoynt the Emrodes.

A medicine for a red and high coloured face.

Take Wine leaues, Strawberries and Creame, and put two penny-worth of Camphire vnto it: then put it into a stillitoz with the aforesayd leaues, and distill it: and take the water thereof, and washe your face therewith morning and euening foz a certaine space, and it will take away the high colour of the same.

Ano-



## for the diseased.

Another for the same.

Take Colwcombers, and pare them cleane, and cut them in slices, and still them, and with the water that commeth of them, wash your face daily, thr̄e or foure times in the day, if you haue none of the water, then take the Colwcomber it self, and pare him, and rob your face therewith.

A medicine to destroy heat in the face or in any other place, though it be Saint Anthonies fire.

Take a quart of Smiths water, a handfull of sage, a handfull of Elder leaues, or of the gr̄ene barke, a pennyp-worth of Allom, and seeth them altogether from a quart to a pint, then put it in an earthen pot, and annoint the patient.

For the pimples in the face.

Take Wheate flower mingled with Vineger and Honey, and lay vpon them, and it will clesne them.

Good for a fellon.

Take Sage, Rew, Snalles, Bay salt, and Bacon, and beat them together, and then lay it to the fellon, and it shall helpe you.

For the same.

Take hearbe grace, March, and white Moyses, rustie Bacon, a little butter, a house maile, mingle them together, and make thereof a plaister.

A medicine for Biles, Fellons, and Vncomes.

Take Wheate flower, Bozes greace, May butter, and Sage, and stampe it together, and make a plaister thereof, and lay it to the Bile or fellon, and it will both ripe it and drawe it, and if it be sryed, it will worke the better.

To ripe Byles, Fellons, and Vncomes.

Take a pint of swete Milke, and set it ouer the fire, and put thereunto a quantitie of Hayes seluet, small shzed, and a handfull or two of Matemeale fine beaten, and let all these seeth till it waxe very thicke, so that pee may spread it vpon a faire linnen cloth, and lay it as warme as you can suffer to the soze, and it will quickly ripe him, and bzeake him without great paine, then when hee is broken, lay a little Turpentine vpon a peece of white leather pycked full of holes, and it will

## An Hospitall

drinke and heale it.

A gargesse for fleagme.

Take a quantity of Endive water, & as much Honyfuckle water, a good spoonfull of Mustard pure, a spoonfull of Hony, two spoonfulls of Vineger, and a little powder of Pepper, two or thre bzaunches of Rosemary, and the leaues of Sage, and put all these together, and heate them vpon a Chafingdish of coales luke warme, and let the Patient put a spoonfull at once in his mouth, and hold his head vpwads, and wash his throat therewith, and it shall make him voide much fleagme, let him take thereof as oft as he shall thinke good.

To breake the fleagme, and for the cough.

Take a pinte of Slope water stilled, one quart of good Mustardine, thre or foure good Races of case Ginger, pare them cleane, and cut them in slices, and twice so much Licquorice, and pare it likewise, one good handfull of Sugar candie groce bruised, put all these premises together in a glasse, and shake them together and stop it close, and let it stand four and twenty houres, then drinke thereof at your pleasure.

To breake fleagme.

Take Butter without salt, and honny, of each a like quantitie, and a few bitter Almonds, blaunch them and beate them fine, and eat a little euery day.

For the same.

Take Smallage, and seeth it in Vineger, then take the Vineger and wash your brest withall, and then take the Smallage and put it in a cloth, and binde it to your stomacke thre houres.

For the same.

Take Sorrell, and stampe it, and straine it, then take the iuyce and temper it with olde Ale, and drinke a good quantitie in the morning befoze you rise out of your bed, then take a sleepe after, and you shall deliuer fleagme wonderfull to see for the quantitie.

A medicine for the fluxe or laxe.

Take Egges and roste them hard, then take the yolkes of them and straine them with red Wine, and put thereunto Si-  
namon,

## for the diseased.

namon, then seeth them together, and drinke it as hote as you may suffer it.

For the same.

Take Wheate flower, and the yolkes of Egges, with the iuyce of Plantine, and make a cake of it, and bake it in an Oven, and eat it as hote as ye can, and drinke thereto red Wine or Respice all hot, or else the iuyce of Plantine, for it will binde him.

A Caudle for the bloody fluxe.

Take a pint of red Wine, and the yolkes of five new layed Egges, a good quantitie of Sinamon, and a little Sugar, the pill of a Pomgranet dyed, and beaten to fine powder a good quantitie, and boile all these in a faire platter vpon a Chafin dish of coles, till it bee somewhat thicke, then let the Patient eate of it morning and euening, and as oft els in the day as his stomacke wil serue him thereto, and it shall stop him, be the Fluxe neuer so great.

A singular medicine for the bloodie fluxe.

Take as much fine cloth as will make a suppositarie, being wrapped round together bottome wise, then wet the same in the best Aqua vita or Aqua composita, and let the partie greued conuey the same into their fundament, and it will helpe them God willing within three or foure dressings, this is proued, and hath holpen many that haue bene brought very low, and iudged past cure.

Another for the same.

Take a peece of Allome, as much as a Walnut, put it in a pint of new milke, and seeth it on the fire till the milke turne to a Curde, then take off the Curd as you do of the Posset Ale, then take the liquor that remaineth, and put vnto it a quantitie of the powder of the pill of a Pomgranate, and Sinamon fine beaten, and let them drinke it, and it will stop them, and if they eate of the curd they shall be stayed the sooner.

For the bloodie Fluxe.

Take Almonds, skinned and all, and stampe them small, and take the wafer of baked Barlie sodden, and make thereof milke, and put therein skinned and scorched of Pomgranats,

## An Hospitall

beeing stamped to powder, with a little Sugar, and so eate the same euery morning and euening, and put gaddes of stale that hath bene made red hot in fire into their drinke,

To stop the bloody Fluxe.

Take a quart of Beanes dried ouer the fire, so that ye may make powder of them, then bruisse them in a morter very smal and bould them, and take a quart of good Ale, and a quantitie of flower, and so seeth them both together, and let the patient eat thereof at night as hote as may be suffered.

For the bloody Fluxe.

Take a pint of running water, and a pint of warme Milk as it cometh from the Cow, and put them together, then put five or six flint stones in the fire, and when they be red hote quench them in that liqour, then put them in the fire againe, and quench them againe three or foure times therein, till the liqour be halfe consumed, and let the party drinke of it warme.

A medicine for the falling of the fundament.

Take red Pettles, bray them well, and put them in an earthen pot, and put thereunto a good portion of white Wine, and seeth it till the halfe be wasted, and giue it the sicke to drinke first and last alwayes warme, and lay the hearbes to the fundament as hot as ye can suffer it.

A plaister to heale a goutie Legge, a wound  
or sore whatsoeuer.

Take a handfull of Pallow leaues, & another of Groundsell, put them in a Bosnet with faire water, and let them boyle till they be sodden so tender, that ye may make a platter of them, then put the liqour from the hearbes, and straine them through a strainer vpon a platter, and set the platter vpon a Chafingdish of coles, then put thereunto a quantity of Deares feluet, or shepes setuet clarified, and buttersought ware, sallet oyle, turpentine, and rosin, let all these boyle vpon a Chafingdish of coles untill they be thicke, then straine all the said stuffe through a linnen cloth into a vessell that you will keepe your salve in, and so let it stand untill it be cold, then vse the same being spread vpon a cloth, and you shall find ease by Gods grace, and helpe.

## for the diseased.

A plaister for the Gout or ache in the ioints, wherewith the Lord Rich was cured, when all Chirurgians thought him to be vncurable.

Take halfe a pound of vnwrought Were, halfe a pound of Rosin, an ounce of Olibanum, a quarter of a pound of fine Liltarge of gold, three quarters of a pound of white lead, beaten to powder, and searce it through a Searcet, and take a pint of oyle of Peates seete, and set it on the fire in a small Vessel, with the Were and Rosin, and when it is molten, then put thereto the other powders, & stir it fast with a sticke, and then put a little of it vpon a pewter sawcer, and if it be hard being so tried on y<sup>e</sup> pewter sawcer, then take it from the fire, and anoint a faire boord with some of your oyle of Peates seete, and as you may handle it for heat, woork it as it were Cordypers were, and make it in great roles, and make plaisters of it with a chaundry of coles, and spread it thynne vpon a linnen cloth or leather, and lay the plaister warme wheret the payne is, and so renew it morning and evening untill you bee whole, or till the Ache bee driuen into some other loynt, and then take the plaister and lay where the Ache is, and beware of cold and hot humors.

A medicine for the Gout.

Take foure handfulls of Wallwort, and one handfull of Horehound, and bray them in a Morter, and put their iuice to one pint of Swines greace, and boyle them on the fire y<sup>e</sup> space of halfe an hower, then straine it faire for it is good for all cold Goutes in the armes, legges, or seete, and for all græses in the bones that commeth of cold.

### A drinke for the Gout festered.

Take a quantity of Archangell, Betony, Wernem, of each like much, and boyle them in Wine, and let the sicke person drinke thereof first and last, and it helpeth.

### A plaister for the same.

Take a sawcer full of the iuice of Smallage, another of Wormewood, honey, salt, and vinegar, and meddle them well together, and doe thereto a quantity of rye flour, stirre them

## An Hospitall

fast together, and boyle them and make a plaister in a cloth, and lay it to the soze, vse the drinke aforesaid, and the plaister, and it will helpe by Gods grace.

Good for the heart.

Saffron, Burrage, Muske, Cloues, Calingall, Nutmegs, the red Rose, Violets, Sugar, Makes best of all.

Ill for the heart.

Beanes, Pease, Leekes, Garlick, Onyons, sadnesse, anger, dreadd, too much trauell, to drinke cold water after trauell, and euill tidings.

A medicing for the passion at the heart, called

Tremor cordis.

Take the powder of Burrage flower, the powder of Nutmegs, white Amber likewise in powder, the bone in a Stags heart, the powder of Cinamon, all these powders drinke luke warme with Beere, Ale, or Wine, euening and morning, and the partie grued shall finde ease. These things must bee portioned by godd aduise.

A medicine for a continuall head ache.

Take Betonie water, and take a cloth three or foure double, and but three fingers broad, wet it well in the Betonie water, and lay it to your forehead cold. Wet the cloth being wet come round about the head, and tie it fast, and three or foure times thus doing, it will helpe thee, and when the cloth is dried, wet it againe.

A medicine to cleanse or purge the head.

Take Bellitorp of Spaine, & chewe the roote in your mouth three daies at times, and it shall doe away the ache, and fasten the teeth in the gummes.

A medicine for the paine in the head.

Take a Rose cake, cut it in length and breadth of the forehead, then take Rose water and Vineger of like quantitie, as hote as you may suffer it, lay it to thy forehead.

A medicine for the wind in the head.

Take a handfull of flowers of Cammomell, and halfe a handfull of powder of Cummin, and mingle them together, and make two bagges of the breadth of your eares, and lay them there.



## for the diseased.

thereunto.

For the head ache.

Take the iuice of Rēwe, and put it in the noſethills, for it getteth out the ſleagme, and clenſeth the bryaine, the hearbe ſoden in Wine, both the ſame.

For the Megrime or head ache.

Take ſoure or ſixe Nutmegs, and pare and ſlice them as you would pare and ſlice Ginger thinne, then make two little bagges of linnen cloth, of the length of your finger, and put in the Nutmegs, then take a quantity of pure red Roſe-water, and lay your bags in the ſame water in a diſh vpon a Chaſing-diſh of coles, and make them hot, and lay them to the Temples of your head.

A medicine for the Megrime, truly prooued.

Take halfe an ounce of Pepper, two Nutmegs, halfe a quarter of an ounce of Graines, one pint of Vineger, and a handful of Roſemary, and boyle altogether betwixt two plat- ters vpon a Chaſing-diſh of coles, and then take a cloth, and put it ouer your head, and hold your head cloſe ouer it till it bee boyled well nere all away, and by Gods grace it helpeth.

For the Megrime.

Take ſixe leaued Graſſe, and Porell that is called S. Ma- rie hearbe, euen portions of theſe two, & Betonie as much as of both y other, and beat all theſe in a mortar, and take y iuice of them, and put to the ſame iuyce as much May Butter, as the quantitie of the iuice, and thereof make an oymēt, and annoynt therewith the patients bꝛowes when hee goeth to bed.

Another for the ſame.

Take bole Armonicke, Sanguis dragonis, and Terrasi- gillat, of each like quantitie, and beate them in powder, then to make a plaſter, take ſlare and lay it vpon a ruſſet paper, as broad as you will haue your plaſter, and take the clare of an Egge, and lay it vpon the ſlare, then take the ſoreſaide pow- der, and caſt it on that ſide of the playſter that ſhall lye next your head, and put one ſolde of ruſſet paper, or elſe of linnen betweene your head and the medicine, or elſe it will cleane  
berie

## An Hospitall

very soze to the haire of your head, and this medicine is well  
proued.

A good medicine for the Megrime in the head.

Take Leather vnallomed, so broad as your sozehead, and  
in length from Temple to Temple, raise the same leather, but  
not thorough, thereupon lay the oyle of the white of an Egge,  
then take of the Apothecaries Sanguis dragonis, beate it into  
powder, and scatter the same vpon the oyle thinly, and this  
done lay it vpon the sozehead, not taking it away till it be rea-  
dy to fall away of it selfe.

A medicine for the blacke Jaundis.

Take Wheat straw, and lay it abroad vpon a faire flooze  
in a close house, and put in Geese, and watch when they dung,  
and take it vp whole, and with a knife scrape off the white  
that is about the dung, till you haue a quantitie thereof, then  
dye it in an ouen, and make powder thereof, and drinke it mo-  
rning and euening in Ale warmed, and that will cure both the  
blacke and yelow Jaundis.

Another medicine for the blacke Jaundis.

Take the hearbe Ambros, Betony, Mugwort, of ech of  
them a handfull, of Centurie halfe a handfull. and thre or four  
Docke rotes cleane washed and scraped, and stampe all these  
together in a Morter till they be indifferent small beaten, then  
take Spicknell, Turmericke, and Galigarie, of ech of them  
like quantitie, and stampe them likewise in a mortar, then put  
the hearbs in a cleane linnen cloth by themselves, and the spi-  
ces by themselves, and tie them fast with strings, and hang  
them in a gallon or two of Ale when it is new and ready to be  
tunnd, after thre or foure daies drinke euery morning next  
your heart a good draught thereof, and drinke nor eate nothing  
two or thre houres after, and doe so likewise when you goe to  
bed, and no doubt by Gods grace it will helpe you.

For the blacke Jaundis, M. Anthony Cox prisoner.

Take the gaul of a Raven, and dye it, and grate it into  
powder, take a quantitie in a spoone, and temper the same  
with Beere or Ale together, and drinke it fasting in the mo-  
rning.

A medi-

## for the diseased.

### A medicine for the yellow Jaundis.

Take a handfull of red Pettie crops, and sear them in a pint of Ale, and drinke the same being strained, three or foure dayes together.

### Another for the same.

Take hard Spanish Sope, a little stale Ale in a cup, and rub the sope against y cup bottome, till the Ale be white, and shane in Auozie, and let the patient drinke thereof first and last till he be whole.

### For the same.

Take Salendine leaues, and put them into your bosen next your fat.

### A medicine for the yellow Jaundis.

Take a bigge Apple, and cut the top, so as it may couer the Apple againe, and take out the coze, and put into it some sweet Butter, and a good deale of Turmericke, and a good quantitie of English Saffron, and rost it very tender, and let the sick person eate of it three or foure mornings together, or more if need be.

### For the same.

Take a quart of white Wine, a great handfull of Salendine leaues, and boyle them to a pint, but in winter take the rootes, and drinke thereof morning and evening warme.

### For the Yellow.

Take Bay salt, Otes, and Commin, and dry all these, and make two bags thereof, and as hote as may be suffered, lay the one after the other to the Blow or rowne of the head, and so vse it a good while.

### For the same.

Take sharpe leaues, and Bay salt vpon it cold, and put it to the yelow, and it will helpe.

### A very good medicine for Aritche.

Take Doche haires, and beate them, bruse them, and scite them with fresh Butter, and annoint y patient with the salde, and in five or six times dressing, it will helpe you.

To make one seeme young long, to purge the wind,

and cleere the sight.

## An Hospitall

Take powder of Fennell, Annis, and Clitompene, and temper them with Aquaviva, and dry them againe, and eate a quantity hereof morning and evening.

To make a Whay laxative.

Take a pint and a halfe of clarified Whay, halfe an ounce of Scenie, a grotes worth of Anniseedes, halfe a handfull of Hops, Burrage, Buglas, of each halfe a handfull, and a little Funnitoxie, and seeth all these in clarified Whay, untill it bee halfe consumed, and drinke it two mornings.

A good playster for festered legges that have

bee one long fore.

Take Marsh, and wilde Tansie, Plantine, and the great Pozell, Hony, and the white of an Egge, and Milke of a Cow that is of one colour, and harly flower, and thicke al these together, and bray the hearbes in a Morter, and after that mingle the rest with the hearbes.

For the stopping in the liver.

Take the broth of a Chicken of Mercury, & Surcoy halfe a handfull, and a few great Raisons, and picke out the Stones; and let all these boile together: the take a few bitter Almonds and blanch them, and beate them: and with the same liquor make Almond milke, and so ble to drinke it every morning first.

Another for the same.

Takeadder roots, boyle them in halfe a pint of Ale, and let it seeth to a draught, and let him drinke it in the morning fasting, twice in a weeke.

For the same.

Take Turpentine of Venice, to the quantitie of a Beane, and put it into a spone, and hold it over the fire till it doe melt, then put thereto a little white suger, and let him eat it every day fasting.

For heat in the Liver, and drines in the hands.

Take a quantity of Strawbery water stilled, seeth therein a quantity of Liverwort, and drinke it with as much Sirrop of Pints.

For the heat of the Liver.

Take Saunders, and good strong Ginger, and heat them  
bore,

for the diseased.

boile, then take the Scarlet in graine, and dip in the same, and so lay it to the spone of your breast, on the right side.

For the Plurisie.

Take Broke lime, Schépe selwet, and a little sayze water, and fry them together in a frying pan, and make therof a plaster, and lay it to the patients side, and it will draw out the corruption.

For the Plurisie or stitch.

Take Aqua vitæ, and Capons greace, boyle them together, and dip therein blacke wooll, and lay it hote to the stomache, and it will ease the stich.

For the Lungs.

Take the Lungs of a fore, and dry it in powder, and put a quarter of a spoonfull into a little Almond milke, or bryoth, and eat it, and it is very good to preserve the Lungs.

For the pricking of a thorne, or needle in a ioynt, and the hole be stopped againe.

Take fine bolted flower of Wheat, & temper it with white Wine, and boyle it together untill it be thicke, and lay it on the soze as hote as you may suffer it, and that shall open the hole, and draw out the venome or Rith, and ease the aking. & heale and close it by againe: and for lacke of white Wine, you may take Ale or Beere: & this medicine is good to heale a Wyle, Whistlow, or Uncome.

An easie purgation.

Take a pint of white Wine, and one ounce of Candy, and a good handfull of Rasons of the Sunne, the stones being taken out, & halfe a spoonfull of Annis seedes: put all these into the said white Wine a whole night, & the next morning boyle it to a draught, and so let the person drinke it luke warme: and if you will, you may put thereunto three or foure rotes of Polipodie of the Oke.

An easie purgation.

Take two pound of Figges, and put them in a gallon of fine water of Warly salt, put thereunto two ounces of the powder of Licorice, an ounce of Sugar, when the Figges are boyled, bray them small in a mortar, and draw them through a

## An Hospitall

strainer, and let it boyle againe, and cast thereto a pint of the best Oyle Oliffe when it is well cooled: an ounce of Raisons or Currants, and eat this with light bread.

A playster to be laid to the same side that the

Take a good quantity of new Wheat branne, and much Anis seeds, & beat them small in a morter, then in a pan mingle them with Vineger vpon the fire, til it be like a playster, then put it in a linnen bagge of two handfuls long, and one handful broad; and make it warme and warme, lay it to the side where the Spelt is, and role it fast, and in the morning take it away, and then wash the side with his owne water, & drinke again, use this order foure nights.

For the Morpew.

Take & drinke Elder water nine dayes, three spoonesfuls, and every day loke that ye sweate, then take three or foure oke Apples, and lay them in white Vineger foure & twenty hours, and then wash the body with the Vineger, and it helpeth.

Another for the Morpew.

Take the iuice of Salendine, and mingle it with the powder of Hyamstone, and lay it where the Morpew is, all cold.

For the Morpew, white or blacke.

Take Betony, Harttongue, Sage, Plantaine, red Fenell, water Cresses, of every of them one handful, of bearch Benet, halfe a handful of the leaues, of Mercurie an ounce, & fill these and drinke every day fasting foure spoonesfuls thereof, & walke an houre after vpon it.

To cleare the mouth, and to fasten the teeth.

Take Sage and Woodbine leaues, of ech a handfull, a good spoonesfull of Honey, a pece of Allome as bigge as a good Walnut: boyle all these together in a quart of running water to a pint, and wash the mouth with this water luke warme, three or foure times in the day.

For to destroy a Ring worme.

Take a red Doche root, and let the roote be pared, & when it is pared, lay it in Vineger till it be well steeped, and then rub it well vpon the Ring worme, and if it be very ranke, take the

powd.



## for the diseased.

powder of Bismuth, and lay it in the vinegar, and temper them well together, and then rub well the Ring-worm with it, and it shall destroy it.

A medicine to kill a Tetter, Ring-worm, or  
Take Saller, Dyeum, Saller, and Saller together, and bring like warine, and apply the Tetter therewith.

A Remedy which diuers Noblemen haue used, and  
 hath prolonged their life.

Take a pound of Cap Saller, and the  
stones taken out, & caused them to be sodden in a pint of Rhenish wine, till the wine were somewhat consumed, and kepe it in a glasse, and thereof drinke in their potage three or foure spoonfulls at once, when they drinke any broth or meale.

To heale the vessel which is broken  
in the head.

Take the huskes of labels, or Araripes dyed, and beaten to powder, take a spoonfull, and drinke it in the morning with a little warme Ale, and lye in your bed an houres time after.

For the Palsie, may be cured  
Take a handfull of Sage, a handfull of Rosemary, a handfull of Spike, a handfull of Lavender, in a gallon of running water, and boyle all these together till it come to a pint and a halfe, then straine it, and put it out into a Stone vessel, and take euery time there of four or five spoonfulls in a little warme, and gargle in your mouth to and fro, and after spit it out, and in like manner put four or five spoonfulls in a saluer like warme, and so chase that part which is pained with the Palsie, with a sponge dipped in the said water.

Take powder of Pepper, and powder of Bell pepper, and powder of Anise, of each an ounce, and powder of Sage two ounces, and vse this powder in the potage.

For lamenesse in the side, continuing by Palsie.  
Take a bath of Sage and Rosp, & boyle in great quantitie of them together in running water, & bath your self with it, and bind the peaches to it to bote as you can suffer it.

## An Hospitall

A medicine very good for those that bee taken with the Palsie, though not the shaking Palsie.

Take the blood of a Fore warme, as it cometh from the Fore, the blood about the heart is best, but all the rest is good: and with this blood all to chase the place that is taken, and then take the skinne of that Fore, and put the raw side inere where the Palsie is: and it must lye to it at the least twelue houres, and in the meane time till you can get the Fore, chase the nummed place with Oyle Oliffe, or Aqua composita, this medicine of the Fore is very good for the Palsie, and hath been well proued.

For the Palsie that taketh away the speech.

Take Sage leaues, & Primrose leaues, and if it be Winter, vse Primrose rootes: then beate Sage and the Primrose leaues together, of ech like much, straine it with Ale, the giue the patient to drinke a good quantity: This is well proued.

For the same.

Take Sage and lay it betwene two warme Tyles, and lay to the nape of your necke: and bynde it to the wyffs of both the armes: then take a Buttermilk and slice it thinn, and lay one slice about the tongue, and another vnder the tongue, and so vse it as often as you thinke good, and by the grace of God it shall do much good, the necke & the wyffs must be annointed with oyle of Sapphe, or the water of Sapphe.

A medicine for the Palsie.

Take Lavender, Sapphe, and Sage, and still them, and drinke thereof a good quantity every morning, being warme either in Ale or otherwise: take also Sage, and Betony, and put them betwene two linnen clothes vpon a chaffindish of coles, and spainchle them with good spallie, and so apply them warme to the nape of your necke, and the wyffs of your hands.

A medicine for the Palsie.

Take the heads of the heads of vnset Leakes, and washe them cleane: take a quantitie of running water, and seeth them therein till they be somewhat tender, then drye them toet in a linnen cloth, stampe them as small as you can, then take a

good

## for the diseased.

good pece of fresh butter, boyle them therein vpon a chafin dish  
of coles, and put in a good quantitie of English Saffron, and  
boyle them together, and when it is well boyled, straine it  
through a sayre cloth into a Glasse, and keepe it, and when you  
will occupie it, make a plaister thereof vpon a Linnen cloth,  
and lay it cold to the greese, on chafin dish, boyled in  
To stretch the bleeding of the Pyle.

Drinke the iuice of spittople, for that is proued: also doe  
thereunto the poudre of burnt Garliche, and the wiles shal die.

### To destroy the Pyles.

Take Oyle of Roses, and Frankensence and Honey, and  
make an oymtent of them, and put it in with thy finger into  
thy Fundament, and put thereunto spirrhe, and often annoint  
the Fundament therewith, and let the breath thereof goe by  
into thy Fundament.

### A true medicine for the Pyle.

Take blacke Woolf, and blacke Soper, and drinke it  
thereto.

To make a salve to bring wounds cheerefull, and ake into  
their owne kind, and ease the burning and aking.

Take the iuice of fennell, and white wine, and take  
Hony and the white of an Egge like many, and put to them  
boulted flower of Wheat, and stir them well together, vntill  
they bee thicke, and let it come nere no fire, but all colde and  
raw, lay it to the soze, and it shall cleanse the wound, and ease  
the aking, and bring it to his kind, and heale the wound sayre,  
for this is a principall salve.

For a wound that is overhealed, and sore vnderneath.

Take Barly meals, the white of an Egge, and Hony, and  
meddle them together, and make a plaister thereof, and applie  
it to the soze, and it helpeth.

### A plaister for a greene wound.

Take flower and milke, and seeth them altogether till it be  
thicke, then take the white of an Egge, and beat them toge-  
ther, and lay it to the wound, and it will keepe it from ranch-  
ling.

To

To make Melonit cure any greene wound or Vncome,  
 Take two pound of Roshin halfe a pound of Water, halfe  
 a pound of Frankensinre, a quarter of a pound of shepes sear,  
 et clarified, put them into a faire pan, then take a pottle of the  
 iuice of Spillonet, boyle these also, claid thuffe with a soft fire  
 till they be moysten, and stir them a pretty while, then put  
 therunto the iuice of Spillonet, and stir them till they  
 be cold, and let them stand a day or two, then melt it againe  
 with a soft fire: and when it is molten, put therunto a pint of  
 red wine, and stir it till it be cold, that you may wolie it  
 with your hand, and make it vnolen.

A water to cure all manner of wounds and sores, be they neuer  
 so fore and stinking, and all manner of cankers in the  
 nose, mouth, throat, or where soeuer.

Take a handfull of marigolds, a handfull of Calendine, and  
 as much of Wallbline flowers with the leaues: take a gallon  
 of running water, and put the herbes in it, and let them boyle  
 to a pottle, then straine them through a strainer, and take the  
 liqur, and let it stand till the fire be gone, then put thereto a pint of  
 English hony, a small handfull of Stobillons, and holly hony,  
 a new cloth of the finest of a tuncer, and let them boyle till  
 together three or foure waies, & then let the tuncer be taken off  
 with a feather: and when it is cold, put it in an earthen pot or  
 bottle, so as it may be kept close, and for a greene wound take  
 of the thinnest of the same Water, and for an olde sore, of the  
 thickest, & Water being first well shaken together: and after  
 that you haue cleansed the olde sore with white wine, take a  
 quantity of fine Lint, and the same being well wet in the said  
 Water, doe you therewith oftentimes bathe your said wound,  
 and with the said Lint in the end couer the wound: and if there  
 bee any holes in the said wound, fill them with Linte made  
 rent wise, and so after couer the whole wounde with a peece of  
 a bladder: the more better to continue your Lint in moysture,  
 dreffe your wounde twice a day, in the morning, and in the e-  
 uening, and it helpeth.

For the Colic.

A medicine or drinke for him that is burst in the belly or colic.

Take a knuckle of Meale, a pottle of white Wine, halfe an ounce of Mace, halfe so many Dates, halfe a pound of Raisons of the Sunne, a handfull of Camfrey, a handfull of Polipodium alias Fearne of an Oke, a handfull of Sparoking, alias Knot wort, take all these and put them in an earthen pot, and set on a Kettle of water of five gallons, and set the earthen pot in the water, and stop it with paste very close, and let the Kettle be kept seething five or six houres with the earthen pot therein, and keepe the Kettle still full with other seething water, then take all these and beat them in a Morter, & straine it, and giue the patient of the liquoz thereof both first and last.

For the roothache.

Take a pint of white Wine, halfe a handfull of Lindees rotten, and seeth them together till the Wine be halfe spent, then put into it halfe a sponefull of Bay salt, then let it seeth a little, then take a sponefull of the liquoz, and put it in that side which the paine is in, and keepe it in thy mouth, and then put another sponefull in, so one after another, and it will helpe thee.

A good drinke to purge the small Pore of Pimples.

Take a pottle of Ale with milke, and the curd being taken off, take red Fennell the quantitie of a sponefull, and the same being lod together with the Ale, straine it and put there to the quantitie of a Nutmegge, of fine Treacle, a quantitie of setwall, and a quantity of English Saffron, being well mingled together, and giue it the Patient to drinke warme.

A present remedy for an ague.

Take two ounces of Bay salt, as much of white Frankensence, and a handfull of Smallage, beaten altogether, and lay it to the wrists of your hands, and to y<sup>e</sup> boughts of your armes, two houres before the fit doe come, proued.

For the same.

Take two or thre cloues of Garlike, and bruse them, and a pennyworth of Aqua vice, halfe a pint of Ale, and seeth them together, and drinke it a little before the course of fit

## An Hapian

doe come, as hote as you may.

For the Collicke.

Take Cromell seed, Parsly seedes, and Annis seedes, of each two spoonfulls, greene Fennell one handfull, one Parsly rote, one Radish rote, of each as long as a finger, vnset Time one handfull, one handfull of Phlopendula, and a handfull of Cherystones, wash all these and bruse them and stampe them very small, boyle all these in two quarts of white Wine, in an earthen pot close, till a pint bee consumed, then let it run through a linnen cloth of it selfe, without straining, and drinke it morning and euening.

For the windy Collicke.

Take a quart of Ale clarified, two spoonfulls of the flower of A lequozice, one spoonfull of the flower of Annis seedes, halfe a spoonfull of brused Fennell seedes, a little Time, and seeth them together till a pint of the Ale be consumed, and so drinke it first and last.

For the Collicke and Stone.

Take a handfull of Anens, a handfull of Welltoyle of the wall, as much Cammomell as will lye in the Palme of your hand, and a spoonfull of Parsely seede, brused a little, make a Posset of Rensh wine, take off the curd, and boyle all these together in the drinke till the substance bee boyled out, then vse it morning and euening.

For a paine in the side that commeth of wind.

Take a handfull of Cummin seede, another of Annis seede, And two of Rew, and seeth all these together in running water from a pottle to a quart, put to it halfe a pint of white Wine grt before it be cold, dip a sponge in it, and wring out the liquour somewhat, and lay it to the patients side as hot as he can suffer it, and when it beginneth to waxe cold, take a new.

To remove a disease from the stomacke.

Drinke a quantitie of Dragon water, or water imperfall, mingled with Treacle or Petrosalum.

For them that doe cast vp their meat, by reason of

weakenesse of the stomacke.

Take the nether crust of Brolone bread, dye it well and lesseurely



## for the diseased.

leisurely at the fire, then steepe it in strong Vineger, a little while, take it out, and spread upon it the powder of Cloues, warme it againe, and sye it about the mouth of the stomacke, and the vomit shall cease.

A drinke for cleansing the stomacke, to be taken luke-warme in the morning.

Take Slope, Rosemary, and Time, of each two crops, and put them in a pint of Ale, with a good quantitie of Sugar, and let them boyle till the strength is in them, then drinke thereof two houres before meat.

A drinke to auoid the fleagme out of the stomacke, to make it easier to come vp, you may take of it a spoonesfull or two continually when you need.

Take eight spoonesfulls of Rose-water, foure spoonesfulls of Conduitt water, and two spoonesfulls of white Vineger, halfe a quarter of white Sugar, boyle all these in a Pot till it be a Chasingdish of coles, and scumme it cleane, and then drinke it luke warme.

A remedy against the plague, sent to the Lord Mayor of London, from King Henry the eighth.

Take a handfull of Sage, a handfull of Borage, a handfull of Elder leaues, a handfull of redde Bramble leaues, stampe them all and straine them through a fine cloth with a quart of white Wine, & then take a quantitie of Ginger, and mingle them together, & so take a spoonesfull of the same, and you shall bee safe for foure and twentie daies, and so being nine times taken, shall bee sufficient for all the whole yeare by the grace of God. And if it be so that the party be stricken with the plague before hee hath drunke of this medicine, then take the water of Scabions a spoonesfull, and water of Betonie a spoonesfull, and a quantitie of fine Treacle, and put them altogether, and cause him to drinke it, and it shall put out all the venome. If it fortune the botche to appere, then take the leaues of Brambles, Elder leaues, Mustard seede, and stampe them altogether, and make a plaister thereof, and lay it to the soze, and it shall draw out the venome, and the partie shall bee whole by the grace of God.

## An Hospitall

To cause one to sleepe.  
Take a spoonefull of pure Rosewater, as much of bīneger, two spoonefulls of the oyle of Roses, halfe a handfull of Rose-leaves made in powder, mingle them altogether, and take crums of leavened bread made of Wheat, and make a plaister thereof, and lay it over the forehead and temples.

For a sore throte.  
Take Cullumbines, and Sinckfoyle, and stamp them both together, and straine them with Milke, and drinke it verie warme.

For the Hickop.  
Take Oyle of Lyllys, and annoynt the sicke mans bodie sundry times.

For a Canker in the mouth.  
Take a flower de luce root, wash it, and slice it, and a few leaves of Penny-royall, lay them in steepe in Conduit water, and so wash your mouth with the water.

For a Laske.  
Take an Egge, and Aqua composita, and boyle it with the Egge till it be dry, then take Sinamon and Sugar, and eate with the Egge.

A medicine very precious, called *Elus Unguentum*, good for all manner of maladies, that is to wit, against all sores, and wounds, against all manner of impostumes in the head or bodie, against head ache, singeing in the braine, or boiling in the heart, shrinking of Sinewes, it draweth out any thorne or broken bone, and all manner of ache out of the Liver, Splene, or Lungs, it helpeth the Hemerodes, and is very good to make a sere cloth for all Goutes, aches, and pestilent borches, and therefore this treatise is worthily called *Elus Unguentum*.

Take Rosin and Per, of each halfe a pound, of Virgini-ware and Frankensence, of each a quarter of a pound of Galls an ounce, of hartlewood a quarter of a pound, a quarter of a pound of Campher, and two dragmes, melt that is to be melted, and pare that is to be pared, and see it, boyle them over

## for the diseased.

ouer the fire, & straine them through a cloth into a pottle of white Wine, with all the other medicines together, then let it coole, till it be no hotter then blood warme, then put therunto a quantitie of Turpentine, euer stirring it, but till it be cold, but euer beware that your stufte bee no hotter then blood warme, when you put to your Turpentine, or els it marreth all your stufte, and make it bp in roles, and keepe it to your vse, & when you will, occupie it plaister wise to your græse.

To make the black salve, that cureth all old sores and Vicers be they neuer so great, foule, and stincking.

Take a gallon of stale Ale, being very strong, two handfule of Woodbinde leaues, halfe a handfull of red seeded Pettles, as much Coleworts, with the ragged leaues, halfe a pound of red Onyons, halfe a pound of Garlike pilled, a pound of vnset Leekes, a little dishfull or a handfull of the powder of a rotten Post, of an Oke is best, let all these be stamped small in a Mortar seuerally by themselves, put them into the Ale with halfe a pound of Koch Allome, then set them ouer a soft fire, and let them boyle till the one part or moze bee boyled away, then let them stand three or foure daies, but first straine them through a cleane cloth into a cleane vessell, then put to them halfe a pound of Vliere, halfe a pound of Rosin, halfe a pound of the perwell which is græne, a quantity of Stone Hony, then set it ouer a soft fire againe, and let them boyle till the one halfe bee consumed, then put it into a cleane earthen pot, and stop it very close, and vse thereof when you haue occasion.

Prescriptions and rules, made by M. Doctor Good, to be

observed at the Bath.

**W**hen you come to Bath, after your iourney, rest and quiet your body for the space of a day or two, and see the fashion of the Bath, how and after what sort others which are there doe vse the same.

If it be not a faire clere day, goe not into the open Bath, but rather vse the water in a Bathing vessell in your Chamber as many men doe.

The best times in the day to go into the Bathes, is in the

## An Hospitall

morning, an houre and a halfe after the Sunrising, or ther-  
about, in the most quietest time, and when you shall feele your  
Stomacke well and quiet, and that your meat is well digested,  
and have rested well the night before, but before you goe into  
the Bath, you must walke an houre, or halfe an houre at the  
least in your Chamber, or elsewhere.

You must alwayes goe into the Bath with an emptie Sto-  
macke, and as long as you are in it, except great necessitie re-  
quire the contrarie, and then to take some little supping before  
your walking, or before you rise is not hurtfull, let your tar-  
rying in the Bath be according as you may well abide it, but  
tarrye not so long in any losse at the first, although you may  
well abide, that your strength at no time may faile you.

You may tarry in the Crosse bath an houre and halfe at a  
time after the first bathing, and in the Kings Bath you may  
tarry after the first bathing, at one time halfe an houre, or three  
quarters of an houre, but in any losse tarry at no time untill  
you be faint, or that your strength faile you.

And, if at any time you be faint in the Bath, then you may  
drinke some Ale warmed with a tosse, or any other supping, or  
graine Sugar, or if great need be Aqua composita, Pectada-  
tum, the bignesse of a Nut kernell at a time, either by it self, or  
mixed with Ale or other liquor.

As long as you are in any of the Bathes, you must cover  
your head very well, that you take no cold thereof, for it is ve-  
rie perrillous to take any cold on your head in the Bath, or in  
any other place during your bathing time.

When you come forth of any of the Bathes, see that you  
cover your selfe very well and drye of the water from your body  
with warme clothes, and then put on a warme herte and a  
Spunle, or some other warme Cowle, for taking of cold, and  
to goe straightway to your warme bed, and to eat diligently,  
and after that you may sleepe a while, but you must not drinke  
any thing till dinner time, except you be very faint, and then  
you may take a little Sugar canie, or a fewe Raisins, or a  
little thin broth, but small in quantity to steepe your thirst on-  
ly, because it is not good to drinke or eat by and by after the  
Bath,

## for the diseased.

Bath, buttill you haue slept a while if you can.

After that you haue slept and sweat enough, and clearely deliuered from the heat that you had in the bath, and in your bed, then may you rise and walke a little, and so goe to your dinner, so by measurable walking, the euill vapours and win- dineffe of the stomache that are taken in the Bath, bee driuen away, and vnterly auoided.

After all this, then goe to your dinner, and eate of good meates, but not verie much, that you may rise from the Table with some appetite, so that you could eate more if you would, & yet you must not eat too little so decayng of your strength.

Let your bread be of good swete Meale, and of one dases bak- king or two at the most, and your meat well boyled or roasted, and specially let these bee your meates, Button, Meale, Chick- ens, Rabbits, Capon, Pheasant, Partridge, or the like.

You may also eate fresh water fish, so it bee not muddy, as Eeles and the like, restraime all salt fish, as Ling, Haberdine, &c. auoid all fruite and raw hearbes, Sallet, and the like.

Apparrell your body according to the coldnesse of the wea- ther, and the temperature of the ayre, but in any wise take no cold.

And if you bath againe in the afternone, or after dinner, then make a verie light dinner, as a couple of poached Egges, a Catdole, or some other broth with a Chicken, and then af- ter foure or five houres your dinner so taken, you may bath a- gaine, and in any wise tarry not so long in the bath as you did in fore noone.

You must at no time goe into the bath, except you haue ben at stoule, either by nature or otherwise, and if by no meanes it will bee of it selfe, then take a suppositarie once in two dayes at the least wise.

For all maner of Wormes.

Take Groundsell, and Plantaine with the rotes, & stampe them and straine them with Palmie, and warme it, and giue it the patient to drinke thre dases together: it will kill all ma- ner of wormes, and if you haue an Ague, it will also rid it by Gods grace.

A medi.

A medicine for the worms is a Castoreum  
made thus: take a quart that is made of bearded, and wash  
the head of the child, then take the powder of mace, the very fine  
walnuts, and stir it upon the breast of the child after that it is  
laid, and lay a warm cloth to it, and let it lie four and  
twenty hours.

## For the Wormies

If it fortune the Child to avoid a Worme, as oftentimes they doe, then take that Worme and bite it, so that you make it into powder, and giue it to the child to drinke in Ale or Beer, and it shall kill the rest of the Wormes, or cause them to come forth alive.

For him that hath drunke Venome, and his belly be-  
ginne th to swell or ake,

Take greene Kewe, wash it, stampe it and temper it with  
hale Galline, and give it him to drinke.

**To clear the voice.**

Take Oregan, Hope, Hart-tung, Elcompane, of Licorice, and of Fennell, and boyle them together with cleane water, and so drinke it first and last,

A medicine for Tificke, and stopping in the breast.

and to open the Pipes,

Take Barbery rootes, Jennell rootes, Sencoste rootes, and  
take out the pith of them, and saith them in white wine till  
they bee soft, saith them with flimpey berries, if you can get  
them, then draine it, when it is well sodden, put Bellitoste of  
creane to the wine, and let the sicke drinke of it morning and  
euening eight dayes.

FINIS.



2  
DIVERS & SYNDRY GOOD IN-  
structions and Rules of Knowledge, very meet  
and conuenient to be obserued and known of al  
such as are the true Practisers of Physick and Chirurgery, &  
also concerning the vse of Bloud-letting and Purging, and of the  
Commoditie and discommoditie, that oftentimes springeth and cometh  
thereof.

**F**ORASMUCH as Health is profit-  
able and pleasant to all men, since that al-  
mei desiriously wish to haue, either  
for the restitution, or continuance of the  
same: and how that it is the property of  
Nature, onely to fight and strue against  
all Diseases, and also how that the phi-  
sition is but the minister and seruant  
of Nature, to apply such things  
toher, as may be used to destroy the disease withall: or else by  
taking away the greatest part of y<sup>e</sup> same matter, which causeth  
and maintaineth the Sicknes: and therefore it is very meet and  
necessarie for euery phisition, that before such time as he do mi-  
nister any thing at al to the Sick Person; Diligently to learne,  
and perfectly to search out, both the Original & principall cause  
of the Disease: in which if he be ignorant, then is it more by  
god fortune, then by any Cuning or Skill, that he do cuer cure  
any manner of disease at all: For how is it possible to help Na-  
ture with that thing which she hath made of, except it be first of  
all known what she needeth: which none can perfectly know, ex-  
cept the chiefe cause of the disease be first manifestly known by  
him, in such that he may minister things directly, contrary  
to the cause of the same Disease. And therefore I do greatly la-  
ment the ignorance of the Common sort of People, who for the  
most part are perswaded, that one specificke is sufficient for one  
disease,